



Plum Sherbert with Orange Juice and Plum Wine

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



444 kcal

DESSERT

Ingredients

- ☐ 0.5 cup plus light
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 cup orange juice fresh
- ☐ 2 teaspoons orange zest grated
- ☐ 2 tablespoons cooking wine
- ☐ 6 servings cooking wine
- ☐ 5 plums firm pitted ripe halved cut into large chunks

- ☐ 1 pinch salt
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water
- ☐ 1 cup whipping cream

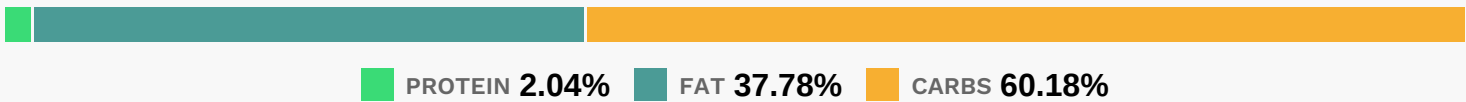
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ice cream machine

Directions

- ☐ Combine plums, sugar and 1/4 cup water in heavy medium saucepan. Cook over medium-low heat until plums are tender and liquid is syrupy, about 12 minutes. Cool completely.
- ☐ Transfer plum mixture to processor and puree until almost smooth.
- ☐ Mix in orange juice, corn syrup, plum wine, orange peel, lemon juice, vanilla extract and pinch of salt.
- ☐ Add cream and process just until well blended.
- ☐ Transfer mixture to ice cream maker and process according to manufacturer’s instructions.
- ☐ Transfer mixture to covered container and freeze until firm, about 3 hours. (Sherbet can be prepared 2 days ahead. Keep frozen.) Scoop sherbet into bowls.
- ☐ Drizzle additional plum wine over sherbet and serve.

Nutrition Facts



Properties

Glycemic Index:34.96, Glycemic Load:19.63, Inflammation Score:-7, Nutrition Score:5.774782522865%

Flavonoids

Cyanidin: 3.1mg, Cyanidin: 3.1mg, Cyanidin: 3.1mg, Cyanidin: 3.1mg Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Epicatechin 3–gallate: 0.42mg, Epicatechin 3–gallate: 0.42mg, Epicatechin 3–gallate: 0.42mg, Epicatechin 3–gallate: 0.42mg Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 2.59mg, Hesperetin: 2.59mg, Hesperetin: 2.59mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 443.79kcal (22.19%), Fat: 14.63g (22.51%), Saturated Fat: 9.14g (57.11%), Carbohydrates: 52.44g (17.48%), Net Carbohydrates: 51.56g (18.75%), Sugar: 48.12g (53.47%), Cholesterol: 44.82mg (14.94%), Sodium: 43.39mg (1.89%), Alcohol: 16.14g (100%), Alcohol %: 6.29% (100%), Protein: 1.78g (3.55%), Vitamin C: 17.03mg (20.64%), Vitamin A: 817.03IU (16.34%), Manganese: 0.22mg (11.2%), Potassium: 320.71mg (9.16%), Vitamin B2: 0.13mg (7.93%), Phosphorus: 66.17mg (6.62%), Magnesium: 26.39mg (6.6%), Vitamin B6: 0.12mg (6.12%), Calcium: 49.35mg (4.94%), Vitamin K: 4.81µg (4.58%), Vitamin B1: 0.07mg (4.49%), Vitamin D: 0.63µg (4.23%), Iron: 0.76mg (4.2%), Fiber: 0.88g (3.54%), Vitamin E: 0.52mg (3.46%), Zinc: 0.49mg (3.27%), Folate: 12.43µg (3.11%), Vitamin B3: 0.6mg (3%), Copper: 0.06mg (2.97%), Vitamin B5: 0.28mg (2.76%), Selenium: 1.82µg (2.6%), Vitamin B12: 0.06µg (1.06%)